



Teaching Points:

1. This path of mindfulness
involves learning to open to experience
moment by moment,
with kindness and compassion towards yourself.
2. The next time you have a noticeably pleasurable or painful experience,
See whether you judge the experience
as 'good' - if you like it,
As 'bad' if you don't like it,
or 'boring' - if you don't have any particular feeling one way or the other
3. Mindfulness, the art of being present in a non-judgmental way
With whatever is happening in the mind or body,
Can help defuse that anger and contraction,
Leading to less and less pain
Over time

TEACHINGS:

We can be very emotionally reactive
especially when we are hurting,
So part of the practice of mindfulness,
Is observing the judging with our awareness,
Of knowing that our judgement is not who we are, or what anything is,
And over time,
refraining from judging our judging
or reacting to our reactions.

This path of mindfulness
involves learning to open to experience
moment by moment,
with kindness and compassion towards yourself.

This is easier said than done,
Which is why we all need daily practice.



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as 'good' - if you like it,
As 'bad' if you don't like it,
or 'boring' - if you don't have any particular feeling one way or the other

Right now,
form the intention to suspend your hair-trigger tendency
to judge everything
according to whether you like it or not.
and also your tendency
to react emotionally
or fairly automatically

This is not meant to be an ideal
Just as an exercise to recognize what your mind is doing,
and to bring into greater awareness when they do arise

The more we can be present for our experience,
The less caught up we are in the painful aspects of it.
We can witness experience
From a distance, with perspective,
So that we can choose our best response, with a sense of space and ease,
Without reacting from a sense of emergency, urgency, or stress.

over time and with practice,
you may find that being less emotionally reactive
harshly judgmental,
becomes more and more our default setting.

You may also find that you are kinder
and more accepting of yourself, and your experience of pain.
however they may be.

As you've noticed,
anger, resentment, fear, self-loathing,
and contraction
usually increase the intensity of our pain,
Mentally and physically -



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Whenever you're dealing with your chronic pain,
it's important to know and remember,
that as long as you're breathing,
there is really more right with you
than wrong.

Let me repeat that:
as long as you're breathing,
there is really more right with you
than wrong.

No matter what is wrong,
Now matter how much pain you're in,
No matter how dire the situation seems,
there is really more right with you
than wrong.

Your work is to remember this,
And to mobilize all of your interior resources
to work for you
to improve the quality of your day to day
and moment-to-moment life

One of those interior resources
is opening up to the power of the present moment.

As you've probably experienced before,
the power of now is enormous.

Yet, for reasons ranging from evolution to habit,
our minds mostly persist



in living in the past or in the future,
in memory or in constant anticipation,
In worry or in planning.

When you inhabit THIS MOMENT,
You realize and feel how powerful
and healing it can be
Be alive here
And now.

When else can you live fully?
Where else can you live fully?

But it takes practice. That's why this audio can be so helpful for you.
You can come back to it
Over and over and over
As training wheels
To help you build the habits of present moment awareness
So that you can incorporate it
To alleviate physical pain
And mental suffering

Of course it's easier to show up more
in the present moment
as long as it's pleasant.